

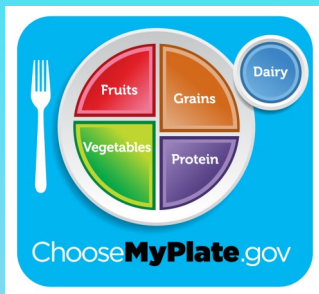
Combatting gestational diabetes

Monitor glycemic levels

Before eating: <95 mg/dl (7)

1-hour after eating: <140 mg/dl (7)

2-hours after eating: <120 mg/dl (7)



Retrieved from: <http://www.choosemyplate.gov/>

- Fat intake <30% of total caloric intake (7)
- Eating from all 5 vegetable sub groups (6)
- Limit refined grains (6)
- Avoid added sodium, saturated fats and added sugars (6)

For more information on nutrition visit <http://health.gov/dietaryguidelines/>

For more information about gestational diabetes visit <http://www.diabetes.org/>

References

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Gestational Diabetes

Preventing long term effects on you and your baby



Retrieved from <http://macrosomia.com/>

What is Gestational Diabetes?

High blood sugar caused by placental hormones that prevent the production and use of insulin, which helps turn sugar into energy that the body can use. (1)



Retrieved from: <https://media.licdn.com/mpr/mpr/p/8/005/06a/1eb/0206931.jpg>

- 9.2% of pregnant women in the United States will develop gestational diabetes. (3)
- 2/3 women who have gestational diabetes once develop it again in subsequent pregnancies. (3)
- Women who have gestational diabetes during pregnancy are more likely to develop type 2 diabetes years later. (3)
- Babies that are born to a mother with gestational diabetes are also more likely to become suffer from type 2 diabetes

How does this affect my baby and I?

If gestational diabetes goes uncontrolled or untreated it can cause many complications for both you and your baby. (4)

Effects on mom

- Increased chance of developing type 2 diabetes (4)
- Increased blood pressure (4)
- Higher chance of needing a cesarean section due to your baby's larger body (4)



Retrieved from: <http://www.hd-freewallpapers.com/upload/baby-wallpapers/pictures-of-mom-and-baby.jpg>

Effects on baby

- Macrosomia (larger body caused by storage of extra energy as fat) (3)
- Shoulder injury due to size at birth (3)
- Breathing problems (4)
- Premature death (4)
- Low glucose levels (4)
- Increased insulin levels (3)
- Increased chances of obesity and type 2 diabetes (3)

How to fight back

One of the main factors in treating gestational diabetes is to control and manage your blood glucose levels. Two ways to help you achieve this is by staying physically active and maintaining a healthy diet. (4)



Retrieved from: <http://www.modernpregnancytips.com/wp-content/uploads/2012/12/exercise.jpg>

EXERCISE!

- Helps battle your bodies acquired insulin resistance (7)
- Allows your body to utilize glucose effectively (7)
- Helps maintain a healthy body composition to avoid diabetes after giving birth (7)
- Stress reducer which unloads unnecessary stress from baby (7)

Recommendations

- Participate in any low-impact aerobic activity (walking, dancing, low intensity bike rides) (4)
- Try to avoid fast running, jumping, heavy lifting, etc. (4)
- Aim for 20-30min. of low aerobic activities three to five days a week (4)